

Sensory Differences Affecting Everyday Activities:

This area will be helpful for all ages.

Sensory Differences are the choices that CYP (Children and Young People) make about the sensations that they like and dislike.

We all have sensory differences that help us to function in daily activities optimally, e.g. some people like it quiet at work and some people like the radio on in the background. Neither is right or wrong, it is just different.

Some CYP have very obvious choices and extremely strong needs for certain sensory choices, and if these needs are not met, it really affects their daily activities in a negative way. We try to help them to get these sensory differences met, in a safe and age-appropriate way.

It is also helpful to know that getting these differences met little and often, can help a CYP stay well regulated. When a CYP is well regulated, they can play and learn. Which supports their wellbeing.

Your CYP's choices of activity, and behavioural responses to sensory cues around them, tell us what they need to develop and grow.

How do they show us their choices? We can watch their behaviour, and we can think, - what does this tell us about the sensory preferences that they have?

Sometimes CYP are very sensitive to some sensations and do not like them and sometimes they need lots of a particular sensation.

Here are some things to think about when you watch your CYP. Try and see your CYP with 'sensory eyes':

Do they love lots of movement, e.g. running around, turning in circles, turning themselves upside down to do roly-polys?

Do they dislike movement, e.g. are they easily car sick, or like to sit still?

Do they like to jump, bounce, are heavy handed or heavy footed?

Do they like to make noise or put music or the TV on very loud?

Do they cover their ears when there is noise?

Do they dislike the feel of their clothes, or haircuts?

Do they like the room to be dark/ close the curtains/ turn the lights off?

Do they dislike strong smells, or seek out strong smells?



Do they dislike strong tastes or seek out strong flavours?

Whatever their difference is, let them have it, in a safe and age-appropriate way, little and often and see if they are calmer and more settled afterwards. If they are, keep doing this - it is what they need.

When you help your CYP to get their needs met, they will then be more ready to engage in the other daily activities which they need to do or would like to do, e.g. getting washed and dressed, brushing teeth.

For more information on sensory processing differences click on the 'Let's Make Sense Together' link below to access helpful videos created by Occupational Therapists at York and Scarborough Teaching Hospitals.

Videos:

['Let's Make Sense Together'](#)



Full website:

<https://www.yorkhospitals.nhs.uk/Childrens-Centre/your-childs-hospital-journey/therapy-services/occupational-therapy/lets-make-sense-together/>

Other sites that you might like to visit for more information:

This link provides online learning for parents/ carers and school:

<https://www.sensoryintegrationeducation.com/collections>

More Information for home and school coming soon.

